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## GHOMESHI CANNED

Radio host Jian Ghomeshi, pictured here in 2012, alleges he was fired by the CBC "because of the risk of (his) private sex life being made public as a result of a campaign of false allegations." He made the claim in a Facebook post Sunday after the CBC announced it was parting ways with him. Story, page 6.

PHILIP WALKER/TORSTAR NEWS SERVICE

Zehaf Bibeau  
made video prior  
to attack: RCMP
**'Ideological and  
political motives.'**  
Statement contradicts  
what shooter's mother  
has told the media  
about her son
JOE  
LOFARO  
Metro in Ottawa

The RCMP said Sunday they have obtained a video of shooter Michael Zehaf Bibeau and the preliminary investigation has revealed his motivations were "ideological and political."

In a statement, RCMP Commissioner Bob Paulson said the video was recorded just before the attack, which left Cpl. Nathan Cirillo dead with two gunshot wounds.

Paulson did not say how

they obtained the video or what is depicted in it.

"The RCMP is conducting a detailed analysis of the video for evidence and intelligence. You must understand that we cannot release this video at this time and I would ask for your patience in this regard," the statement read.

While the RCMP says it does not know the origin of the rifle Zehaf Bibeau used in the attack, they say he earned "a considerable amount of funds" by working in the Alberta oil fields.

They said the gun was "old and uncommon" and could have been previously hidden on his aunt's property in Mont Tremblant.

The statement from the RCMP labelled the shooting incident as a "terrorist attack," which is in line with Prime Minister Stephen Harper's characterization of Wednesday's events, but runs counter

to statements made by Zehaf Bibeau's mother to Postmedia News suggesting he may have suffered from mental illness. Paulson said investigators are also looking at Zehaf Bibeau's interactions with "numerous individuals in the days leading up to this attack," and whether those interactions contributed or facilitated it.

"This nationally scoped investigation remains exceptionally active and fluid," wrote Paulson. "The RCMP undertakes to get as much information to the public as quickly as we can."

Paulson's statement also said police believe Zehaf Bibeau stored a knife at his aunt's property in Mont Tremblant, which they said he brought with him in his attack.

The RCMP has also asked Ontario Provincial Police to investigate the actions of police officers inside of Parliament on Wednesday.



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# Calls being screened for Ebola: WFPS

**Health.** City officials prioritizing 'improved responder safety and community detection'



**BERNICE PONTANILLA**  
bernice.pontanilla@metronews.ca

There have been no cases of Ebola in Winnipeg, emergency calls are now being screened and all front-line paramedic staff have received specialized training.

That's what Winnipeg Fire Paramedic Service Chief John Lane said during the city's first Ebola preparedness press conference.

Lane said that since implementing the screening process on Oct. 10, of 2,700 calls, 842 met the requirement for the added screening.

Of those 842 calls, only four of those met the threshold for Ebola precautions called "enhanced PPE," or personal protection equipment. However, after further assessment, none turned out to be Ebola.

"We have established an emergency management framework with daily meetings to stay current with quickly developing information. Some immediate measures have been

## Get your flu shot

WFPS Chief John Lane is urging Winnipeggers to get the flu shot because it will help with the detection of Ebola, which has flu-like symptoms. Fewer chances of citizens getting the flu means fewer chances for confusion as to whether there is an Ebola infection. "There couldn't be a better reason for people to get their flu shot this year," Lane added.

implemented to improve the everyday safety of our staff," said Lane at the press conference Friday, adding that they're also working with their union leadership.

"The legacy of our experiences with SARS, H1N1 and now Ebola will be improved responder safety and community detection through heightened awareness of infectious diseases."

WFPS medical director Dr. Rob Grierson said all paramedic supervisors and ambulance-based paramedics have received specialized training.

"We're working on expanding that," said Grierson, adding that the group left to be trained comprises the paramedics assigned to the teams on fire trucks.



Winnipeg Fire Paramedic Service Chief John Lane, left, with medical director Dr. Rob Grierson, says the risk of Ebola infection remains extremely low and no cases have developed in the city. BERNICE PONTANILLA/METRO

## Canadians from west Africa fearing for family

The Ebola virus may not have crossed Canada's border, but the epidemic sweeping across parts of west Africa is taking a toll on many Canadians.

Those with parents, brothers, sisters and cousins in Liberia, Sierra Leone and Guinea say they are living on edge — filled with anxiety every time the phone rings and dealing with the stigma created by the

disease.

Abu Bakarr Kamara, who emigrated from Sierra Leone in 2003 and lives in Winnipeg, said he often lets his phone go to voice mail when it rings for fear of hearing his father or sister has fallen ill.

"I listen to the voice mail before I call back," he said. "If I don't hear any terrible news on the voice mail, I say, 'Thank

God.' That's our life right now.

"It's frustrating. It's terrible. It's terrifying. Sometimes you go to bed thinking about what horrible news you could get from back home. You just pray. It's really heartbreaking."

The World Health Organization estimates the disease has killed more than 4,900 people and infected about 10,000 — virtually all in Liberia, Guinea

and Sierra Leone. A lack of beds in Ebola clinics is also forcing families to care for relatives at home, risking further spread of the virus, the WHO has said.

"The rate that people are getting infected in the capital city, it's all so heartbreaking," said Kamara, vice-president of the Sierra Leone Nationals Association of Manitoba. "It's like

there is no hope, even though we try to hope for the best."

Groups across Canada are fundraising to help curb the spread of Ebola. In Winnipeg, Kamara's group is selling T-shirts and organizing a dinner with the goal of fundraising \$50,000 for the Red Cross and Doctors Without Borders by the end of the year.

THE CANADIAN PRESS

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Winnipeg police remained at the scene of a hit-and-run in the Maples for several hours Sunday morning. The crash, a case of road rage according to police, left a 31-year-old man in critical condition. SHANE GIBSON/METRO

# Hit-and-run was road rage: Police

**Man in critical condition.** Police say driver may face charges under Criminal Code



SHANE GIBSON  
shane.gibson@metronews.ca

A Winnipeg man is in critical condition after a collision early Sunday, which the police are calling a road-rage hit-and-run.

Police said people in two vehicles — the first a black Infiniti G35, the second a silver Dodge Charger — got into an argument over someone's driving skills.

A passenger in the G35 got out of the car at about 2:40 a.m. near Marbury Road and Mapleglen Drive to talk to the driver of the Charger. However, police said the driver accelerated right into the man — at speeds estimated as high as 70 km/h — leaving him critically injured on the road before speeding away.

Police spokesperson Jason Michalyshe said road-rage incidents this serious are rare on Winnipeg streets.

"Unfortunately, we do respond to a variety of different road-rage-related type of incidents where people become involved in an argument, sometimes physical altercations," he said. "But ... for someone to use

their vehicle in this fashion, if in fact intentionally striking an individual, this is an incredible extreme."

The 31-year-old victim was taken to hospital where he remains in critical condition.

"His injuries are without a doubt life-threatening," said Michalyshe, noting any charges laid in the case are likely to be more serious than just a Highway Traffic Act offence. "Depending on where this investigation goes ... there's certainly that potential that Criminal Code charges could apply."

Police are searching for the Charger, which will now likely have front-end damage and possible damage to the windshield.

WITH FILES FROM ELISHA DACEY

## ACE BURPEE'S UNOFFICIAL RULES FOR HALLOWEEN



WHAT'S GOOD  
Ace Burpee  
winnipeg@metronews.ca

Halloween season is upon us, and as such I present to you, in writing, my unwritten rules:

- Homemade costumes always win. Always. It's science.
- Clever beats sexy every time. This is also science. Exceptions are made only if,

as a group, male or female, you are the Spice Girls.

- If you haven't yet heard that blackface is a horrible idea, you should be concerned about other things you do not know.

- A Bombers or Jets jersey thrown over top of regular clothes is not a costume. It's game day.

- It's impossible for me not to be freaked out by you if you are talking in a mask covering your entire face and I don't know who you are.

- This year, if a child comes to your door and you aren't certain what they are dressed as, just say "Oh, you're Elsa!" and your chances of being correct will be very high.

- Couples: no arguing with each other when in costume. Fred Flintstone arguing with Strawberry Shortcake will be forever weird. Happy Halloween!

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

### Kildonan-East Collegiate

#### Teen charged with arson after high school fire

A 16-year-old boy has been arrested in connection with a fire that shut down a Winnipeg high school for several days, police said on Friday.

The fire was discovered just after 9 a.m. on Oct. 16 in a second-floor washroom at Kildonan-East Collegiate.

As a result, the school was evacuated and firefighters quickly put it out. There were no injuries.

The damage is estimated at \$500,000, mostly due to the extensive smoke damage to the school and contents.

Police said they arrested the suspect without incident on Oct. 23. The 16-year-old is facing two charges: arson with disregard for human life, and arson causing damage to property. He was released on a promise to appear in court. **METRO**

### Leaf relief

#### Make way for fall cleanup crews

City officials are reminding Winnipeggers to take care around crews and watch where they park as the annual fall cleanup is now underway.

The cleanup, which is expected to last two weeks, will remove leaves and debris that have collected on our streets. Areas that have plenty of trees, and therefore plenty of leaves, will be targeted.

Where possible, the city will place temporary no-parking signs before cleanup crews come through. If the signs are up, drivers should find somewhere else to park so as to avoid being ticketed and/or towed.

Homeowners are reminded not to rake leaves onto streets, manholes or into ditches because this violates city bylaws and can clog drains, which increases the possibility of basement flooding.

**METRO**

### Fill'er up

#### Self-serve beer is here

Manitoba beer lovers have a new way of bringing home their favourite brew.

Manitoba Liquor & Lotteries has opened seven Growler Bars at Liquor Marts and beer vendors in Winnipeg and Brandon where customers can fill up growlers — reusable 1.89 L brown jugs — with locally made craft beers.

"It's no secret that Manitobans are beer enthusiasts," said Ron Lemieux, the minister responsible for Manitoba Liquor and Lotteries, in a release.

"Our government is a strong supporter of our local brewers and the introduction of Growler Bars to the marketplace provides Manitobans with a new way to enjoy some fantastic craft beers."

The six-month pilot project will see brews by Fort Garry Brewing and Half Pints served. The growlers are \$4 each and a fill will run around \$10.50. **METRO**



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# Moncton shooter, 24, could be 99 before he's eligible for parole

**Justin Bourque.** The 24-year-old who fatally shot three Mounties and wounded two others could face a maximum of 75 years in prison

When Justin Bourque appears in court Monday, he faces the harshest sentence since the death penalty was abolished for fatally shooting three Mounties and wounding two others in Moncton in early June.

However, legal scholars say it's unlikely the 24-year-old will face the maximum penalty — 75 years in prison before he is eligible to apply for parole — given his age and lack of a criminal record.

In early August, Bourque pleaded guilty to three char-



A flower tribute grows in front of the RCMP station in Moncton, N.B., on June 7 following the shooting deaths of three Mounties. TORSTAR NEWS SERVICE

ges of first-degree murder and two counts of attempted murder.

A single conviction for first-degree murder carries a

mandatory life sentence and a ban on applying for parole for 25 years. However, Judge David Smith of the Court of Queen's Bench has said the

Crown wants him to use a 2011 amendment to the Criminal Code that allows judges to extend parole ineligibility in the case of mul-

tiple murders.

In this case, Smith could decide that the 25-year ineligibility period for each murder conviction should

be imposed consecutively, which means Bourque wouldn't be allowed to apply for parole until he is 99 years old. **THE CANADIAN PRESS**

## The law

The Harper government changed the law to eliminate what it called the "volume discount" for multiple murderers.

- The law has been used only once since it was changed. In September 2013, a judge in Edmonton sentenced an armoured-car guard to life in prison with no chance at parole for 40 years, for gunning down four of his colleagues during a robbery in June 2012.

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# Victim of bullying fights back in Nova Scotia

**Generation Change.** Annual candlelight vigil remembers Halifax teen Rehtaeh Parsons, who killed herself in April 2013

Toni Nicholas was barely a teenager when she tried to

kill herself by swallowing 80 Tylenol pills, the victim of end-less bullying at school.

On Saturday, the tiny 16-year-old hosted the third annual Generation Change candlelight vigil to recognize victims of abuse and bullying. Even though she is now an anti-bullying advocate who has founded her own organization, Nicholas acknowledged she still has her dark moments.

Held in Dartmouth, N.S., the vigil was highlighted by a performance by Rebecca Crewe, who sang a song about Rehtaeh Parsons, the Halifax teenager who took her own life in April 2013. Boards off to the side listed the names of dozens of teenagers worldwide who have killed themselves as a result of bullying, a sober reminder of how much work is left to be done.

While it is now too late to help Parsons and the many others who have killed themselves as a result of bullying, Nicholas is seeking to help those who have gone through the same things she has.

"I've had people come up to me and say they are inspired by what I'm doing," she said. "It helps to know that I'm able to help other people."

**BRAEDON CLARK/FOR METRO IN HALIFAX**



Toni Nicholas speaks at the Generation Change candlelight vigil in Dartmouth, N.S., on Saturday. **BRAEDON CLARK/FOR METRO IN HALIFAX**

## 150th anniversary

### Tsilhqot'in Nation marks hanging of six warrior chiefs

An aboriginal chief from central B.C. says a ceremony marking the 150th anniversary of the hanging of six warrior chiefs is his Remembrance Day.

Tsilhqot'in Nation Chief Joe Alphonse says the chiefs gave his people their identity.

About 200 people gathered in the Cariboo gold rush town of Quesnel at the site where five of the chiefs were hanged on Oct. 26, 1864, during what is known as the Chilcotin War. The sixth was hanged in New Westminster.

Attempts by the colony of British Columbia to build a road to the gold fields were met with resistance and 20 non-aboriginals died.

B.C. Premier Christy Clark exonerated the chiefs in the legislature this week, though she did not appear at Sunday's ceremony due to weather conditions.

**THE CANADIAN PRESS**

## North of Montreal

### Driver crashes car into bedroom, killing woman

A woman is dead and her partner is seriously injured after a car smashed into their bedroom in a community 60 kilometres north of Montreal.

Quebec provincial police say a driver lost control of his vehicle and it ran into the residence, driving all the way into the couple's bedroom.

The couple's three children weren't hurt.

Alcohol and speed are suspected as factors in the accident early Sunday in the community of Saint-Alexis, in Quebec's Lanaudière region.

The driver, who is in his 20s, also suffered injuries and was taken to hospital.

A police spokeswoman says he will likely face charges, and tests were performed to determine his blood-alcohol level and how fast the car was going when it crashed.

**THE CANADIAN PRESS**



## Big-time pumpkin carving

Gordon Sparks was sculpting a 1,051-pound pumpkin in Halifax over the weekend. He bought the pumpkin from a farm in Windsor, N.S., to create a massive jack-o'-lantern, a project he estimated would take 13 to 15 hours to complete. Sparks's creation will be on display until Halloween.

**BRAEDON CLARK/FOR METRO**

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# CBC tight-lipped on firing Jian Ghomeshi; host says network found his sex life 'unbecoming'

**\$50 million.** The radio personality is suing CBC for breach of confidence and bad faith, and pursuing reinstatement

Radio host Jian Ghomeshi says he has been fired from the CBC because they believed his "sexual behaviour was unbecoming of a prominent host" on the public broadcaster.

Ghomeshi made the claim in a startling Facebook post Sunday that surfaced just hours after CBC issued a statement saying they were severing ties with the popular personality because of "information" they'd received about him.

After that announcement, a Toronto law firm representing Ghomeshi issued a brief statement saying it would launch a lawsuit against the CBC.

"I've been fired from the CBC because of the risk of my private sex life being made public as a result of a campaign of false allegations pursued by a jilted ex girlfriend and a freelance writer," Ghomeshi said in the post, which a publicist confirmed had indeed been written by the radio host.

In the post, Ghomeshi said he has "always been interested in a variety of activities in the bedroom," but only engages in "sexual practices that are mutually agreed upon, consensual, and exciting for both partners."

He said he began to date a woman in her late 20s two years ago and that they had an "affectionate, casual and

passionate" relationship that involved "adventurous forms of sex."

He went on to say he ended their relationship earlier this year, which upset the woman, and that early in the spring there was "a campaign of harassment, vengeance and demonization" that resulted in "months of anxiety."

He went on to say in the post: "It came to light that a woman had begun anonymously reaching out to people that I had dated (via Facebook) to tell them she had been a victim of abusive relations with me. In other words, someone was reframing what had been an ongoing consensual relationship as something nefarious. I learned — through one of my friends who got in contact with this person — that someone had rifled through my phone on one occasion and taken down the names of any woman I had seemed to have been dating in recent years. This person had begun methodically contacting them to try to build a story against me."

In addition, he asserted in the post: "Someone also began colluding with a freelance writer who was known not to be a fan of mine and, together, they set out to try to find corroborators to build a case to defame me."

Ghomeshi said he has been open with CBC about the matter and that he has "never believed it was anyone's business" what he does in his private affairs but that he wanted his bosses to be aware of the situation.

"CBC has been part of the team of friends and lawyers assembled to deal with this



Radio presenter Jian Ghomeshi arrives at CBC's Toronto studios in this January 2010 file photo.  
CHRIS YOUNG/THE CANADIAN PRESS

for months," he wrote. "On Thursday I voluntarily showed evidence that everything I have done has been consensual. I did this in good faith and because I know, as I have always known, that I have nothing to hide. This when the CBC decided to fire me."

"CBC execs confirmed that the information provided showed that there was consent. In fact, they later said to me and my team that there is no question in their minds that there has always been

consent. They said they're not concerned about the legal side. But then they said that this type of sexual behaviour was unbecoming of a prominent host on the CBC. They said that I was being dismissed for 'the risk of the perception that may come from a story that could come out.' To recap, I am being fired in my prime from the show I love and built and threw myself into for years because of what I do in my private life."

A CBC spokesman said the broadcaster had no comment

on the Facebook post because of the pending lawsuit.

Earlier, the broadcaster said the decision to cut ties with Ghomeshi was: "Not made without serious deliberation and careful consideration. Jian has made an immense contribution to the CBC and we wish him well."

Toronto law firm Dentons Canada LLP says the action will claim general and punitive damages for breach of confidence and bad faith in the amount of \$50 million.

## Cultural affairs

It wasn't immediately clear Sunday what would happen to Q, a daily national talk show on CBC Radio One and CBC-TV that Ghomeshi co-created and that featured interviews with celebrities and prominent international figures.

- Ghomeshi's last day in the host's chair was Thursday.
- The cultural affairs program, which launched in 2007, is broadcast on more than 180 NPR/PRI stations and syndicated in the U.S.
- Ghomeshi had been scheduled to host the Scotiabank Giller Prize gala on CBC-TV on Nov. 10 in Toronto. But Elana Rabinovitch, a spokeswoman for the book prize, said in an email Sunday he will no longer preside over the gala.

The law firm said documents would be filed on Monday in court but did not elaborate.

The statement also said Ghomeshi will commence a grievance for reinstatement with the CBC under his collective agreement.

CBC spokesman Chuck Thompson said in an email Sunday afternoon that if the CBC is served with legal documents it will contest the lawsuit vigorously.

THE CANADIAN PRESS

## Nation prepares for Remembrance Day

The Remembrance Day service at the National War Memorial — the site of a soldier's slaying this week — will go ahead as planned and promises to be bigger than ever, organizers say.

The Royal Canadian Legion, which is responsible for the remembrance service held at the monument near Parliament Hill, says

the deaths this week of two soldiers will not disrupt the program or arrangements for the solemn Nov. 11 ceremony.

"The program isn't changing. We are still going to deliver the ceremony that Canadians expect," said Scott Ferris, director of marketing and membership for the legion.

Cpl. Nathan Cirillo was shot Wednesday at the war memorial.

Warrant officer Patrice Vincent, 53, was killed after being struck by a car in a deliberate attack in St-Jean-sur-Richelieu, Que., on Monday. The motorist was later shot and killed by police.

The two deaths have

raised fears that Canada's military has become a target as the country begins combat operations in Iraq against Islamic State extremists.

This week's violence guarantees that the Remembrance Day event will happen under a tight cordon of security.

TORSTAR NEWS SERVICE



People attend a candlelight vigil at the Tomb of the Unknown Soldier at the National War Memorial in tribute of Cpl. Nathan Cirillo, 24, in Ottawa on Saturday. JUSTIN TANG/THE CANADIAN PRESS



# Quarantined nurse critical of N.Y., N.J. state Ebola policies

**'This is not a situation I would wish on anyone.'** U.S. health-care worker says she worries for those who will be held after her

A nurse who was quarantined at a New Jersey hospital — because she had contact with Ebola patients in West Africa — has criticized the way her case has been handled, raising concerns from humanitarian and human rights groups over unclear policies for the newly launched quarantine program.

Kaci Hickox, the first traveller quarantined under Ebola watches in New Jersey and New York, wrote a first-person account for the Dallas Morning News online Saturday. Her preliminary tests for Ebola came back negative.

"This is not a situation I would wish on anyone, and I am scared for those who will follow me," Hickox wrote of her quarantine. "I am scared about how health-care workers will be treated at airports when they declare that they have been fighting Ebola in West Africa. I am scared that, like me, they will arrive and see a frenzy of disorganization, fear and, most frightening, quarantine.... The U.S. must treat returning health-care workers with dignity and humanity."

Hickox is a nurse who had been working with Doctors Without Borders in Sierra Leone. Officials said she was taken to a hospital after developing a fever, but Hickox said she was merely flushed because she was upset by the pro-

## Identifying risk levels

Florida Gov. Rick Scott is ordering twice-daily monitoring for anyone returning from places the federal Centers for Disease Control and Prevention designates as affected by Ebola.

- **Authority to monitor.** Scott said his administration asked the CDC to identify risk levels of returning individuals from the affected areas in West Africa.
- **Vigilance.** Scott said he was taking action out of an abundance of caution following news that a New York doctor tested positive for Ebola.

cess. Hickox remained isolated in a building adjacent to the hospital, state health department officials said Sunday.

New York Gov. Andrew Cuomo and New Jersey Gov. Chris Christie on Friday imposed a mandatory quarantine of 21 days — the incubation period of the deadly virus — on travellers who have had contact with Ebola patients in the countries ravaged by Ebola — Liberia, Guinea and Sierra Leone. Similar measures were announced in Illinois and Florida.

Cuomo on Saturday acknowledged that the policy might be hard to enforce, according to the New York Daily News.

The governor said officials had never considered whether people refusing to go along with the order could face prosecution or arrest, adding, "It's



From left, New York City Mayor Bill de Blasio, wife Chirlane McCray, and New York City Health Commissioner Dr. Mary Bassett have a meal at The Meatball Shop in New York on Saturday, where Dr. Craig Spencer, an Ebola patient, ate just before he became ill. De Blasio was not consulted by New York Gov. Andrew Cuomo about the new airport regulations, and the governor's warning Friday that "hundreds and hundreds of people" could be infected by simply riding a bus with an Ebola patient ran contrary to the mayor's attempts to tamp down public fear. CRAIG RUTTLE/THE ASSOCIATED PRESS

nothing that we've discussed, no," the newspaper said.

The hazy details of how such quarantines will be handled are drawing sharp criticism as infectious disease experts say enforcement logistics

are up in the air. The quarantine measures were announced after a New York physician, Dr. Craig Spencer, working for Doctors Without Borders, returned from Guinea and was admitted to Manhattan's Bellevue Hospi-

tal Center earlier this week to be treated for Ebola.

Dr. Irwin Redlener, a Columbia University professor and director of the New York-based National Center for Disaster Preparedness, said the logistics

of the states' new quarantine policy are "a problem."

"The challenge now is how you translate this quarantine plan to operational protocol," Redlener said.

THE ASSOCIATED PRESS

## Egyptian protests

### Court convicts democracy activists of illegal protests

An Egyptian court on Sunday convicted 23 activists of staging an illegal demonstration, sentencing them each to three years in jail in the latest crackdown by authorities on the secular pro-democracy movement behind the 2011 uprising against longtime ruler Hosni Mubarak.

The Cairo court also

fined the defendants, who include at least seven women, 10,000 pounds each and ordered that they be placed under police surveillance after they serve their sentence.

The case is rooted in a peaceful demonstration the defendants had allegedly participated in last June near the presidential palace in Cairo's Heliopolis suburb.

The demonstration was called to protest a law adopted late last year that severely restricts the right to stage street protests.

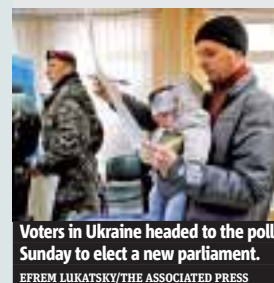
THE ASSOCIATED PRESS

## Ukraine votes

### Poroshenko to form government by narrow margin

Two exit polls indicated that Ukrainian President Petro Poroshenko's party will secure a narrow win in Sunday's parliamentary election, falling substantially short of an outright majority.

The vote, which aimed to overhaul a legislature tainted by its association with the ousted former president, Viktor Yanuko-



Voters in Ukraine headed to the polls Sunday to elect a new parliament. EFREM LUKATSKY/THE ASSOCIATED PRESS

vych, was expected to usher in a contingent of largely pro-Western lawmakers.

THE ASSOCIATED PRESS

## Afghanistan

### Afghan mullah sentenced to 20 years for rape

An Afghan court has sentenced a mullah to 20 years in prison after finding the religious teacher guilty of raping a 10-year-old girl.

The sentence, passed by a Kabul judge on Saturday, has been welcomed by family as well as women's support groups as a rare victory in their fight for justice for female victims

of sex crimes. Rape is often treated as adultery in Afghanistan; victims can face prison themselves.

Hassina Sarwari, who runs a shelter for women in northern Kunduz province, where the rape took place, said Sunday that if the trial had not been transferred to Kabul the result would probably have been very different.

The rape took place in May in the girl's home village near the provincial capital, also called Kunduz.

THE ASSOCIATED PRESS

## Cashing in. Drugmakers bet there's money to be made from Ebola outbreak

Drugmakers are racing to develop vaccines and drugs to address the worst outbreak of Ebola in history. It's unclear who will pay for their products, but companies are betting that governments and aid groups will foot the bill.

There are no proven drugs or vaccines for Ebola, in large part because the disease is so rare that up until now it's been hard to attract research funding. And the West African nations hardest hit by the outbreak are unlikely to be able to afford new Ebola vaccines and drugs.

But governments and corporations now are shifting millions of dollars to fight Ebola in the wake of the outbreak that has infected nearly 10,000 people and killed more than 4,800. Experts say drugmakers are wagering that international groups and wealthier governments like the U.S. will buy Ebola vaccines and drugs in mass quantities to stock-

pile them for future use once they're deemed safe.

"The political bet is that the U.S. and World Health Organization have been so embarrassed and burned by this event that they will be willing to change the way they do business," said Professor Lawrence Gostin of the Georgetown University Law School, who studies global health issues.

Drugmakers have benefited from stockpiling before. During the bird flu pandemic of 2009, Western governments spent billions to stock up on drugs and vaccines that mostly went unused. Shelf life varies by product, but can be as little as a year.

Still, it's unclear who will pay for the Ebola vaccines that are in development, even after a WHO meeting on Thursday that included government officials, drugmakers and philanthropic groups.

THE ASSOCIATED PRESS



Margaret Chan, director-general of the World Health Organization, at a news conference in Gammarth, northeastern Tunisia. THE ASSOCIATED PRESS FILE

### 'Shmita'

Israeli farmers observe year-long sabbatical ... sort of

Every seven years, according to the Bible, Israeli farmers must give their lands a rest for a year.

So how do modern-day growers reconcile the ancient spiritual practice with a need to feed the country's eight million mouths?

Most market their produce thanks to a clever workaround: They temporarily sold their farms, valued together at \$33 billion US, to a 25-year-old non-Jewish telemarketer named George.

"I own all those lands, and I don't even own an apartment," joked George Shtraykhman, an immigrant from St. Petersburg, Russia.

The seventh-year sabbatical, called "shmita" in Hebrew, began last month on the Jewish New Year, and extends through the fall of 2015.

Though only a minority of the Israeli population abides by strict Jewish religious law, nearly all Israeli Jewish farmers choose to follow the biblical directive, in part so they don't lose their Orthodox customers' business.

Rabbi Yaakov Ariel, who helped write the government's detailed how-to pamphlets for farmers and gardeners, said the practice serves as a spiritual reminder.

THE ASSOCIATED PRESS

# Trick or treat on the business beat



HOW TO ROLL  
Alison Griffiths  
investing@metronews.ca

October is often full of tricks and treats for the investor and also the business world. This year has been no exception. Here's what was ghoulish and glorious.

### Thumbs up:



The stock market. First there was the stomach-dropping slide of more than 10 per cent from September highs during the first half of the month. Then came the 700-point bounce back during the last two weeks. There was much gnashing of teeth about the dive but it was very positive for the patient long-term investor. All those solid stocks that just kept getting more expensive, especially in the oil patch, were suddenly on sale.

### Thumbs down:



CEO foot-in-mouth disease strikes again. Don't these fellows (and they are usually guys) have handlers? Here's how the latest gaffes happened. Microsoft CEO Satya Nadella got together with his Apple and Facebook chums, Tim Cook and Mark Zuckerberg, for a little coffee klatch.

They ruminated about how they could best present a solid paternalistic, anti-female front in the decidedly girl-unfriendly world of technology. That should be good for business, right?

Nadella's big idea was to encourage women not to ask for a raise but wait until Daddy offered. Somehow, this lady-

like reticence would translate into good corporate karma. Cook and Zuckerberg thought they could go one better. They decided to provide egg freezing as a health benefit to female employees. That way, the companies could avoid those pesky maternity benefits and when the gals weren't wanted anymore, say around age 40, off they'd go to thaw their eggs and get pregnant on their own time.

Now that's what I call advanced thinking.

### Thumbs down:



Two days from now the "low-cost" airline, which provides no-charge jokes with your flight, will ding you \$25 for a first checked bag on economy flights. Westjet was first out of the gate with this abomination, but no surprise, Air Canada quickly followed with baggage charges to begin on Nov. 2.

## Halloween scares up big profits

Halloween holds no fear for retailers.

In fact, rather than spooking the economy, all those little (and sometimes not so little) ghosts and goblins scare up monthly spending that is second only to December and the Christmas season.

And with the day falling on a Friday this year, interest will

likely peak as both children and adults go looking for costumes and decorations as well.

Statistics Canada said Canadians doled out \$381 million on candy, confectionery and snack foods last October, leaving the month second only to the nearly \$451 million spent in December.

THE CANADIAN PRESS



Retail consultant John Winter sees Halloween spending growing this year. GETTY IMAGES

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# YES WE BOWMAN: HOPE FOR A RENEWED CITY HALL

Flashback to the summer of 2004. Usher was at the top of the charts, people were flocking to theatres (somewhat inexplicably) to see the movie Dodgeball: A True Underdog Story, and Winnipeg had a new mayor.

Winning in a relative landslide, Sam Katz had a successful track record in business and a flair for promotion. His election was obviously going to be the start of big things for the City of Winnipeg, including a more business-focused approach to dealing with city business, and a more exciting future.

By the time his tenure as mayor was over, we expected light rail transit to run next to gold-paved streets on their way to gleaming downtown towers. And no snow!

Good grief, we were naive.

While the last decade has been an exciting period for Winnipeg, many of the big developments had little to do with the may-



URBAN COMPASS  
**Colin Fast**  
winnipeg@metronews.ca

or's office. And as for city hall being run like a business, it's not one that was popular with customers.

So given our collective disappointment with civic leadership, it would be easy for some to look at our new mayor — with a business background, a reputation as a promoter of all things Winnipeg, and a landslide victory — and cynically expect more of the same.

But there are a few key differences between Brian Bowman and Sam Katz that indicate Bowman might be the mayor we were looking for all along.

For starters, becoming mayor isn't something he was cajoled into at the last minute. It's clear he was planning his campaign for a long time, and genuinely wants the job and the responsibilities that come with it.

Unlike the previous mayor, he's actually engaged in the subject matter. I don't think Bowman would deny he's a bit of a public policy nerd, much like his colleagues in the Hip Young Mayors

Club: Calgary's Naheed Nenshi and Edmonton's Don Iveson.

He's equally engaged with people. He seems to enjoy meeting people on the street as much as interacting with them online. There's an accessibility and openness there that we didn't see under the previous administration. That's also reflected in his commitment to embracing open data standards for city information.

And he has a plan. Yes, it's bold, ambitious and potentially expensive. Some parts of it — like convincing councillors to cut their own ward allowances or severance packages, or expanding rapid transit — could be extremely difficult to accomplish. But by laying out an active agenda, he has given us an idea where the city might be headed, and a tool for measuring his progress as mayor.

So rather than cynically dismissing Bowman for a few superficial similarities to the outgoing mayor, let's give him a chance based on the significant differences. No, we can't afford to be naive again — seriously, the budget won't handle that — but we can be positively hopeful this new mayor, and significantly refreshed city council, will give us a city hall that works.

## Metro Bitstrips caption contest



Today's winner:  
**Desmond Cruz**



## Become a cartoon star!

Visit [metro.bitstrips.com](http://metro.bitstrips.com) on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here. Check out today's runners-up by scanning the cartoon with your Metro News app.

Bitstrips

## Letters

**RE: Coverage of the Parliament Hill shooting**

**Don't call it chaos** I need to object to the coverage I read of the Ottawa shooting in Metro, particularly the headline for Trevor Greenway's article "Ottawa thrown into chaos." I didn't see chaos at all in the footage yesterday. I saw policemen doing their jobs bravely and promptly, people from Parliament being whisked away efficiently out of harm's way, and a gunman being stopped. Don't hype things up. **Kristen McKendry, Mississauga ON**

**Thanks for staying away from the terrorism label** I congratulate your reporters for their excellent reporting of the news related to subject. Your staff avoided tagging Zehaf Bibeau a terrorist and the incident an act of terrorism. I suggested to a senior writer of one daily that it was an oversimplification to identify Zehaf Bibeau as a terrorist. His response in part was: "I think most people would consider someone who shoots and kills a soldier then storms the Parliament Buildings, apparently hoping to kill politicians, to have engaged in an act of terrorism." I pointed out to the senior writer that his response stating that Zehaf Bibeau was "hoping to kill politicians" was speculative. Was Zehaf Bibeau marginalized or radicalized? That is the question that should be addressed. He committed a heinous, despicable crime; however, the answer to the question should be a determinant as the government considers a response. **Alistair Hensler, Ottawa**

### The politics of semantics

**I pointed out that in 1989 Marc Lépine shot and killed 14 women in Montreal and that act was not considered terrorism.**

**Muslims against crazy** In recent years, I stumbled across Islam and was surprised to find that it was an incredibly peaceful, beautiful, humble way of life. I became Muslim. And now I sit with other Muslims, a sense of foreboding in the air, dreading the news reports. We know we're good people—we know we're better for our belief. But does the rest of the world know? How can they, when they listen to the news: "Islamic militants," "Jihad terrorists." It isn't possible to explain the reasons for the horrors committed around the world, supposedly in the name of Islam. It is, however, possible for me to say how deeply it sickens me. Violence will never solve the world's problems. So let's work towards a new goal. Let's come together, work together, use our minds rather than our fists and draw strength from the collective love in our hearts, rather than being driven by reprisal. **Bridget Mc., Halifax**

### WE WANT TO HEAR FROM YOU:

Send us your comments: [winnipegletters@metronews.ca](mailto:winnipegletters@metronews.ca)

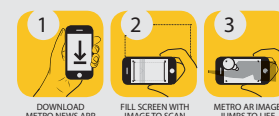


## SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in Scene and page 18 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
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## Ebooks



## Gone Girl

By. Gillian Flynn

Kindle/iBooks/Kobo



## MIND THE APP

Kris Abel  
@RealKrisAbel  
scene@metronews.ca

This dark tale of intricate planning, told far too quickly as a movie, uses husband-and-wife ebook diaries to account for a disturbing disappearance through entirely different perspectives and different timelines. It's a crime puzzle of a thousand well-thought-out pieces and unforeseen revelations that, once assembled, form a massive jaw-dropping tapestry of mob mentalities and painful, human manipulation.

## Box office

## Ouija scared up enough moviegoers to spell out No. 1

The spirits moved Ouija to No. 1 at the box office, with the board-game adaptation leading the weekend with a \$20 million US debut, according to studio estimates Sunday.

The horror movie release, timed to Halloween, attracted more moviegoers at the box office than the violent Keanu Reeves thriller John Wick. The R-rated hit-man revenge tale opened with \$14.2 million in second place.

Last week's top film, the Brad Pitt Second World War action film Fury slid to third with \$13 million in its second week. **THE ASSOCIATED PRESS**



Low-budget Ouija debuted big to take the top spot. CONTRIBUTED



Weezer frontman Rivers Cuomo, second from right, says the band's new album "ultimately feels triumphant." EMILY SCHUR

# Weezer worries about becoming rock geezers

**Music.** Band tells itself Everything Will Be Alright In the End in new album contemplating a fading career

LISA WEIDENFELD  
Metro in Boston

For a band famous for songs about youthful alienation, with titles like The World Has Turned and Left Me Here, naming an album Everything Will Be Alright In the End represents a pretty big step.

But Weezer frontman Rivers Cuomo says that change has been hard-won.

"We went through so many life stages, creative stages, interests, experiences, ups and

downs, and we faced some deeply troubling realities," he says of the years since their last album, 2010's Hurley.

After all of that, Cuomo says the lesson they learned is what led to the band naming their latest album title, Everything Will Be Alright In the End.

"I think really it's just a way to put into one phrase with words the feeling you get from the album where over the course of the 41 minutes," he says. "You go through quite a few different worlds and terrains and ultimately it feels triumphant by the time you get to the final chorus."

The band members are so happy about Everything that they're playing every song from the album at each tour stop, though Cuomo assures us that older songs will be in the mix as well. Asked if

playing those older songs still feels as personal to him as more recent efforts, Cuomo replies, "I feel like Weezer at its best is writing from a very deep, timeless and ageless place that I have no problems relating to. Even with our earliest songs, they feel like us."

That's not to say the new album isn't personal as well.

"I'm always inspired by the emotional push and pull in my relationships and my daily life," he says.

We ask him to explain the ominously titled Eulogy For a Rock Band. The opening lines of the song are, "Goodbye heroes, you had a good run, 15 years of ruling the planet, but now your light's fading." He promises it's not a critique about his own band, but was instead inspired by seeing one of his musical heroes.

"A forefather who's perhaps the biggest rock star of all time in one of the later stages of his career," is all that he will allow. Though Cuomo is cagey about who the musician was, he does say the experience made him think about how "each successive generation is less

familiar with his work and ultimately that means he and his life's work are headed towards oblivion, and realizing that gosh, if that's the fate of his work, then obviously that goes for the rest of us, too."

But hey, everything will be all right in the end, right? Cuomo says keeping to that credo is what gives him the confidence to keep going as an artist.

"Even if we're not 100 per cent certain, that's what we have to tell ourselves," he says.

The band will mostly be playing smaller club shows on the tour, which Cuomo is a big fan of. "Playing giant venues is great because it's just such a spectacle from the stage to see 80,000 people, it's awe-inspiring, but we also love playing for just a few people or a few hundred people, feeling them right next to us, right in front of us. They tend to be the most hard-core fans and will sing every word at the top of their lungs and you know how much your music means to them, and that's what every artist dreams of, and it's the greatest feeling in the world."

## The final chorus

"You go through quite a few different worlds and terrains and ultimately it feels triumphant by the time you get to the final chorus."

Weezer frontman Rivers Cuomo describes the band's latest album.



Avatar Secrets



## Episode 10: The Hybrid Reality

Just one level shy of reaching her goal in the game, Tristanova is faced with a moral dilemma. "What you're seeing in the Internet is a mirror of society. If you don't like what you see, fixing the mirror doesn't help. You have to fix what's reflected in the mirror," says Vint Cerf, father of the Internet and Chief Internet Evangelist at Google. Scan this photo for a video of Cerf talking about how the online and real worlds are not that different.



COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Visit [metronews.ca/avatarssecrets](http://metronews.ca/avatarssecrets) over the next few days as we post daily chapters from Avatar Secrets.

- Collector cards. You can also download 10 collector cards from the series!

## Hilton's million-dollar DJ gig has Deadmau5 squeaking

You might've gotten upset about the idea of Paris Hilton getting paid more than \$1 million for a DJ set, but you've got nothing on actual DJ Deadmau5. He got so worked up, he had to write a scathing Tumblr post about the whole thing. "Personally, I would pay about as much to see her 'perform' as Indy fans would pay to watch me struggle to get out of first gear and 20 feet off the starting grid in an Indy500 race without ending up in a wreck," he writes. "Get the f--- back in your go-kart. No need to prove that you found someone stupid enough to consider paying you a mil-



Paris Hilton  
ALL PHOTOS: GETTY IMAGES

lion dollars for something the world knows you aren't. Because here's what you actually are to everyone who knows better: ticket sales. Nothing more."

Twitter



@Jeff\_Daniels  
I'm told I'm trending



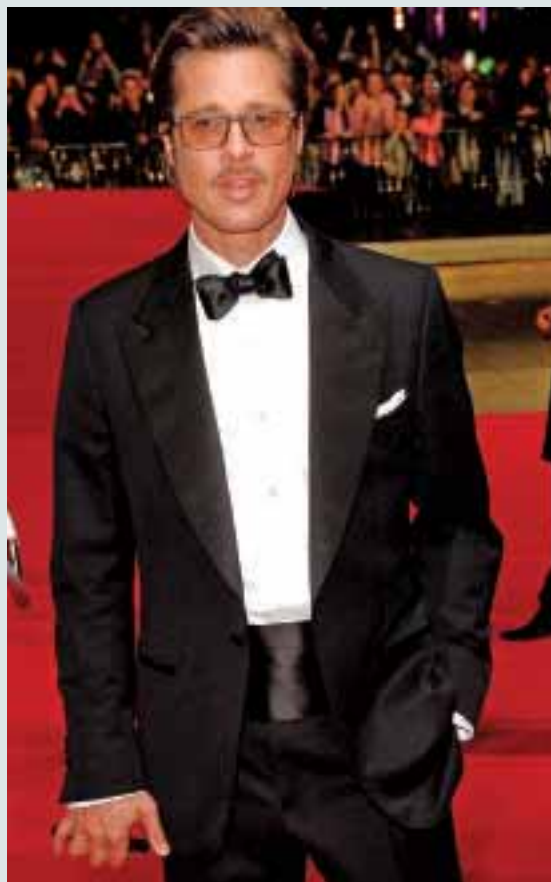
@chelseahandler  
Visiting my nephews college dorm. I've never been so thankful I skipped college, or rather, college skipped me



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



## Brad Pitt's 'career maintenance' tip was a Trojan horse



NED  
EHRBAR  
Metro in Hollywood

OK, here's a fun game.

In the latest issue of Details magazine, Brad Pitt is featured in a fancy photo series shot by Mark Seliger, and instead of a full accompanying interview, the magazine dapples the images with some "interesting" quotes by Pitt.

One of them is pretty interesting, actually:

"I was once talked into a film for 'career maintenance.'

"I have not made that mistake since," Pitt says. Which begs the question, which film is he talking about?

While Pitt has generally been pretty good at picking projects, he's gotten really careful since shacking up with Angelina Jolie. But that also coincides nicely with his production company, Plan B, getting more clout. So I'm putting my money on 2004's laughable Troy, an uncharacteristically Big Hollywood choice for Pitt — and one that he looks palpably uncomfortable in.

There's also a slight possibility he's talking about The Mexican, but that film's kind of adorable in its own scruffy way, and Pitt seemed to be having such a good time doing it that I doubt it. I'm still going with the terrible, terrible swords-and-sandals epic misfire.

## TRANSIT TUESDAY

Weekly Transit News Update



# READ TRANSIT TUESDAY IN METRO.

Featuring the latest from Winnipeg transit – including transit news, commuter tips and cool promotions - and much more!

metro

News worth sharing.

# Leasing a car can make sense depending on your situation

**Lease or finance?** If you're leasing just to free up cash for stupid stuff, then you're doing it wrong



**GAIL VAZ-OXLAIDE**  
Gail blogs daily at [gailvazoxlaide.com](http://gailvazoxlaide.com)

A friend of mine was telling me he's in the market for a new car. "Paying cash, financing or leasing?" I asked, not realizing I was about to step into a pile of poop.

"Lease?!" he shouted, the spittle flying. "And you call yourself a financial whiz."

Actually, I don't. Other people may, but I just consider myself a chick who is sensible with her money. Anyhoo, I said, "So, what do you have against leasing?"

"Well, that's like dumping a whole bunch of money into a vehicle that you'll never own. It's stupid. Like renting."

Whoa now, buddy, renting isn't stupid, and neither is leasing, for the right person and the right reasons. (He might be considered stupid for buying a new car and taking the depreciation hit when he drives it off the lot, but I digress.) Let's look at some facts about leasing, then, shall we?

**Fact 1:** When you lease, you only pay for the vehicle's



Leasing can work to your advantage sometimes. ISTOCK PHOTO

depreciation over the term of your lease. To figure this out, take the residual value (the estimated value of the vehicle at the end of the lease term) and subtract it from the total purchase price. This is the amount on which your payments are based, plus the lease (interest) rate you're paying and applicable taxes.

**Fact 2:** At the end of your lease, you have the option of either buying the vehicle for the predetermined resid-

ual value, or returning it to the dealer. If you return the vehicle, it was like renting the car. If you buy it out, it's more like another form of financing.

**Fact 3:** A lease will mean substantially lower monthly payments because you are not making any payments on said residual value.

That can free up cash flow for other things, like paying down debt that's costing you more in interest. But you will have to come up with the re-

sidual value if you want to buy the vehicle at the end of the lease. (Yes, you can refinance the buyout, but that's gonna cost you interest, too.)

**Fact 4:** You will pay more to lease if you assume the same purchase price, interest rates and total number of payments plus the residual value.

What a lot of people don't get is that while you're leasing, you pay interest on the full value of the vehicle, including the residual value. When you use financing, the amount on which interest is being calculated is reduced at a faster rate so you end up paying less.

**Fact 5:** Leasing can work out to be cheaper. If the interest rate on the lease is lower (or if the financing term is longer), the lease will be less expensive.

With the current trend of up to 84-month financing, the interest costs on loans can outstrip leasing costs. Shop smart. If lease rates are better than financing rates because manufacturers are subsidizing their leases, you'll win on the lease.

**Fact 6:** Dealers have been known to jack up the price on a vehicle depending on how you plan to finance the purchase. Don't go in declaring how you're going to pay.

As far as the dealer is concerned, you don't have a trade-in, you don't need financing, and you don't plan to lease. You're just pricing out the car.

If you're prepared to spend a little money to get the best deal (\$40), go to [carcostcanada.com](http://carcostcanada.com) for the wholesale price on

## Who benefits from leasing

If you are self-employed or have a company through which you are running your vehicle(s), leasing may offer a bigger tax payoff than financing.

Or, if you're determined to buy out the vehicle but need some breathing room in your cash flow, leasing can work to your advantage. You'll not only make your monthly lease payments on time, you'll also be socking away the money you need to make the buyout.

the car you're considering.

**Fact 7:** It's your job to read and understand your lease, including knowing your mileage and wear limits, overage charges, termination charges, and buyout fees. If you know you drive a lot and the kilometre allowance will be used up in no time flat, reconcile yourself to buying out the vehicle and start saving to do it.

But if you're leasing just to have extra money to spend on stupid stuff, then you're using the strategy the wrong way. Stick with the discipline financing offers. And make sure you stay under 48 months for your loan.

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# Keep gossiping! Study says it's good for us

## Judging others.

Research finds positive gossip motivates us, while negative gossip triggers self-protection

Our penchant for gossip is sometimes referred to as the root of all evil, but it can help us adapt to a new social environment, help us improve on ourselves and reveal potential threats, according to a new study at the University of Groningen in the Netherlands.

"For example, hearing positive stories about others may be informative, because they sug-

gest ways to improve oneself," says lead researcher Elena Martinescu. "Hearing negative gossip may be flattering, because it suggests that others (the gossip target) may function less well than we do. However, negative gossip may also be threatening to the self, because it suggests a malign social environment in which one may easily fall victim to negative treatments."

In the two-part study, 183 participants were asked to recall a time when they received gossip, positive or negative. Researchers assessed the gossip, pertaining to how it could affect the receiver in terms of self-improvement, self-promotion and self-protection.

The participants in the

second study were asked to pretend they had written a job description presented to them. They then received either negative or positive gossip about another's performance.

The two experiments had similar results: Those who received positive gossip were motivated by someone else's success, and those who received negative gossip showed a desire to protect themselves.

Researchers concluded that gossip isn't so bad after all.

"Receiving gossip about other people is a valuable source of knowledge about ourselves, because we implicitly compare ourselves with the people we hear gossip about," says Martinescu. AFP



Gossiping inspires us to be stronger and better people, a study suggests. AFP



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# Entrepreneurs encourage diners to give back while gobbling down

## Charitable chow.

Young trio turns dining out into helping out with their Mealshare program

The next time you dine out, you could also do a good deed by providing a meal for someone else.

With Mealshare, every time a patron picks an item branded with the organization's logo from the menu of a participating restaurant, money is donated to charity.

Three young men from western Canada are the brains behind Mealshare, which launched in July 2013 with four partner restaurants. The organization has expanded to 84 partner restaurants in seven cities across the country. Nearly 114,000 meals have been served.

"Mealshare really is very, very simple at its core, and really what it is is a buy one, give one concept and I really do think that's why it's been having so much success ... because customers can completely understand the concept and the promise we give our restaurant partners and their customers which is, 'You see this meal in front of you, you're having this amazing experience and ... I know just because I picked the particular item off the menu that had a specific logo someone else is getting a meal as well.' That tangibility of that one for



Jeremy Bryant, Andrew Hall and Derek Juno are the founders of Mealshare, a program which sees a meal donated to someone in need each time a diner orders an item with the Mealshare logo next to it at a partner restaurant. BREANNE SICH/MEALSHARE

one is really apparent," said Derek Juno, vice-president of development for Mealshare.

There is no added cost to the customer. The restaurant contributes a small amount (about \$1) for every Mealshare item ordered to the organization. Customers receive a thank-you card embedded with seeds that can be planted in a garden or windowsill pot.

Co-founders Andrew Hall

## Chew on this

**"We soon found out that eight million people dine out every single day in Canada and if we could get a small portion of those people eating Mealshare meals we could do amazing things."**

Derek Juno  
Co-founder of Mealshare

and Jeremy Bryant were working at multinational consulting and account-

ing firms and wanted to do more to give back to those less fortunate. Meanwhile,

Juno, who met Hall in business school, travelled for eight months in southeast Asia in 2012, where he spent some time teaching English at an orphanage and school in Cambodia. He too had been casting about for a way to provide financial sustainability for the organization he'd been working for.

As their idea was percolating, "we soon found out

## Growing for good

- Save the Children provides meals to children in schools in Africa on Mealshare's behalf. Juno said they have made a three-year commitment to the charity.
- Last month, Mealshare launched at three Halifax establishments. There are plans to start up next month in Lethbridge, Alta., as well as with a chain in western Canada with 62 locations.

that eight million people dine out every single day in Canada and if we could get a small portion of those people eating Mealshare meals we could do amazing things," said Juno, who worked on the initiative full-time upon his return to Vancouver from travelling. Fellow Vancouverite Hall and Edmonton-based Bryant quit their well-paying jobs to pursue Mealshare.

Juno acknowledged that for quite some time the initiative was a labour of love for the three 25-year-olds.

"We were doing it on a volunteer basis for about seven months and then we started taking a small honorarium just to keep the lights on and we've been really, really lucky that we've had so much support over the last 15 months that we've been able to grow really, really quickly."

THE CANADIAN PRESS



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# Rover, Rover, please don't come over

**Dear Metro,**  
**My company recently started allowing dogs in the office. Everyone loves it — my colleagues play with the puppies all day. Thing is, I'm just not a dog person. I don't want to be a downer, but it makes me uncomfortable to have animals sniffing my feet while I'm trying to work. Is there anything I can do?**

— Dog's Worst Friend



**OFFICE SPACE**  
Eleni Deacon  
life@metronews.ca

Dear DWF,

It's a tough ride for the dog-indifferent. You struggle to squeak out an "aww" when a pup scoots your way. You pet like a robot. People think you have no soul. Which is why this canine invasion might actually be great: Think of it as a chance to leave behind your doggie

discomfort like a turd on a stranger's lawn.

If you're staunchly anti-pooch, however, you could propose a territorial solution. Perhaps the dogs could either stay leashed or roam freely in a designated area — far away from you.

Targeted complaints might have more traction. Just because Duchess ate your bagel doesn't mean Rusty was a bad boy. If a specific hound keeps slobbering on your boots, try a polite conversation with its owner. It might make them more attuned to their pet's behaviour.

And if all else fails, get out the tissues and fake an allergy.

**Dear Metro,**  
**A colleague I don't really like just added me on Facebook. This person isn't my boss, but they are senior to me. It would be awkward to reject them, but I'm not into the idea of having my personal life tracked. Is**



Has it been raining cats and dogs on your professional parade? It may be time to ask if Spot's running range can be restricted to a certain area. ISTOCK

**there any way out of this?**

— I Didn't Come Here to Make Friends

Dear IDCHTMF,

Yes, there is a way out of this: Ignore their request.

There's no rule saying that those who attend meetings together must also share vacation photos, so it's com-

pletely within your rights to keep your professional life separate from your Zuckerberg life. If it ever comes up, just tell them that you never mix work and wall posts, full stop.

Restricting their access to your profile is another option: Let them be your friend, but don't let them actually see anything.

This spares you the guilt of an outright rejection while also sparing you the embarrassment of having them like that #tbt photo someone posted of your junior-high debate team.

However, no matter who's on your friends list, your profile should be squeaky-clean of anything that could compromise your integrity at work.

When in doubt, assume you're being lurked.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

## Lessons from the desert

### The whys and the hows get you to the heart of the matter



**LESSONS FROM THE DESERT**  
Stéfan Danis  
life@metronews.ca

**The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.**

I recently heard Glen Hunt, the chief transformation officer at Cossette, brilliantly describe how to achieve a bold outcome. He explained that most of us, as we work toward a goal, place more emphasis on the 'what' instead the 'how' or 'why'.

"We have the order wrong," says Hunt, who defined the 'how' as the

## Go deeper to hit gold

**Although my teammates and I came together with a clear objective, it would be foolish to have these set expectations and make this long journey to the end of the world about winning.**

guardrails for our behaviour, and the 'why' as the passion we bring, as well as the deeply rooted motive, to the project.

As I depart to race Antarctica's 250-kilometre ultra-marathon called The Last Desert, I've decided to take this message to heart.

As part of a team of three, our group must start and finish the race together and stay within 10 metres of each other at all times. Another team member and I entered the race as a pair, and then conducted a search to find a third willing to run as part of a team as opposed to solo. In the end we found Michael Gilgen in Switzerland. The focus of the initial recruiting conversation was based on 'what' we were there to try to do — to win.

During the previous three desert races I competed in, I observed that not all the winning teams were the most gifted runners; however, all acted as a single cohesive unit with a high degree of trust, a chain of command, a purpose, and a no-I-in-team selflessness. Although my teammates and I came together with a clear objective, it would be foolish to have these set expectations and make this long journey to the end of the world about winning. That 'what' is more likely to happen if we focus on the 'how' and the 'why' so that we can make the journey extraordinary irrespective of the outcome.

When our team meets in Argentina, we will then sail for two days to Antarctica to race. It will be just enough time to create the 'how', our guardrail of principles, a leadership system and conflict resolution protocols. We will figure out how to interconnect each of our 'whys' so we can tap into all the energy we are blind to and can pour it all into the team.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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# Revamp meatloaf with global flavours



**ROSE REISMAN**  
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## Mediterranean Turkey Meatloaf Stuffed with Spinach and Feta. A new spin on an old fave

This meatloaf made with ground turkey is so versatile that you can serve it for a Monday night dinner or an elegant dinner party.

### Ingredients

#### Filling

- 1 cup finely diced onion
- 2 tsp vegetable oil
- 1 tsp minced garlic
- Half package frozen chopped spinach, thawed and squeezed dry
- 1 1/2 oz crumbled feta cheese

#### Meatloaf

- 1 1/2 lb ground turkey
- 1/2 cup seasoned bread crumbs

### FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

Ground turkey or chicken is a healthier alternative to beef. Four ounces of beef has 300 calories and 20 grams of fat, compared to lean turkey, which contains only 130 calories and seven grams of fat per four-ounce serving.

That's a considerable saving in terms of your calories, fat, cholesterol and heart health.

Not to mention your weight!

Turkey is loaded with B vitamins and selenium, an antioxidant necessary for thyroid metabolism. It is, however, most known for tryptophan, an amino acid that triggers serotonin production, which calms you and helps you sleep.

I keep the lean turkey moist in this meatloaf by adding tomato sauce. You can also add ketchup or barbecue sauce.

The Mediterranean filling is what really takes this meatloaf to a more elegant level.

When sliced, the filling is attractive to look at and adds the distinct taste to the milder turkey flavour.

### Directions

1. Preheat your oven to 425 F. Spray an 8-inch by 4-inch loaf pan with vegetable oil.

2. Filling: In a small skillet sprayed with vegetable oil, sauté the finely diced onions in oil and garlic for 3 minutes or just until tender. Add the spinach and feta cheese.

3. Meatloaf: Combine all of

### Nutritional information

#### Per serving

- **Calories.** 305
- **Carbohydrates.** 10 g
- **Fibre.** 1.1 g
- **Protein.** 25 g
- **Total fat.** 19 g
- **Saturated fat.** 5.5 g
- **Cholesterol.** 118 mg
- **Sodium.** 453 mg

the ingredients until they are well mixed.

4. Pat half the meat into a pan, place spinach topping over top, add remaining meat over top and pat down. Pour tomato sauce over top. Bake for 25 minutes or until internal temperature reaches 165 F.

5. Garnish with cheese.



This recipe serves six. ROSE REISMAN



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Winnipeg Jets' Bryan Little, left, a split second after deflecting a long backhand shot by Andrew Ladd, who is not in the picture, as the puck flies into the net with 25 seconds to go in overtime in Winnipeg, Sunday. Little says he didn't feel the puck and had to watch the replay to see it was his goal. TREVOR HAGAN/THE CANADIAN PRESS

# Little didn't feel it, but it was the winner

**'I don't know, ask Laddy.'** Overtime goal a deflected long shot no one gave much for

Bryan Little had to watch the replay to make sure he scored the overtime winner in a 2-1 Winnipeg Jets' victory against the Colorado Avalanche on Sunday afternoon.

With 25 seconds left on the clock in the extra frame, Jets captain Andrew Ladd sent a long backhand shot toward

Avs goalie Semyon Varlamov, which Little deflected from the front of the net for his fifth goal of the season.

"Honestly, I didn't think I did," Little said. "But then I saw the replay, and if I did, I didn't feel it."

"I don't know, ask Laddy."

Ladd had scored his second goal of the season, and 100th goal with the Jets franchise, at 6:35 of the first period after redirecting defenceman Zach Bogosian's point shot through Varlamov's legs.

His assist was the 200th of his NHL career.

## Whatever

**"Honestly, I didn't think I did. But then I saw the replay, and if I did, I didn't feel it."**

Bryan Little

"I saw Lits at the net so I just figured we'd get some action there. You know, hope something lucky went in," Ladd said.

"I think at that point, you really don't want to mess around with plays up top so

I thought it was the safe play and lucky it went in."

Jets goalie Ondrej Pavelec stopped 22 shots in regulation and overtime.

Jamie McGinn scored Colorado's goal on the power play with 18 seconds left in the first period. Varlamov faced 28 shots.

It was Winnipeg's (3-5-0) first game of the season that went to extra time while Colorado (2-4-3) has now lost three in overtime.

Winnipeg outshot the Avalanche 6-2 in overtime.

THE CANADIAN PRESS

## Cardinals slugger

### Taveras killed in car accident

Authorities say St. Louis Cardinals outfielder Oscar Taveras has died in a car accident in the Dominican Republic.

National police spokesman Jacobo Mateo Moquete confirmed Taveras' death on his Twitter account. Taveras' agent and the Cardinals' representative in the Caribbean country also said Sunday that the outfielder had died.

The 22-year-old Taveras made his major-league debut this year. The promising slugger hit .239 with three homers and 22 RBIs in 80 games.

Taveras lived in Montreal as a teenager with his father and held a Canadian passport.

THE ASSOCIATED PRESS

## Tennis

### Pospisil claims third doubles title of the year

Canada's Vasek Pospisil and Serbia's Nenad Zimonjic won the doubles title on Sunday at the Swiss Indoors.

First-time combination Pospisil and Zimonjic defeated Finn Henri Kontinen and Marin Draganja of Croatia 7-6 (13), 1-6, 10-5 for the trophy.

Pospisil, from Vancouver, added the indoor crown to two more titles this season with American Jack Sock. That pair will resume its partnership next week in Paris in a bid for a qualifying place in the World Tour Finals in London next month. THE CANADIAN PRESS

# Pence's hairy style a pretty fit in San Fran



Giants right-fielder Hunter Pence makes a sliding catch against the Royals in Game 4 of the World Series on Saturday in San Francisco. JAMIE SQUIRE/GETTY IMAGES

His throwing motion is weird, his swing is awkward, his tongue hangs out when he chases flyballs.

Whatever he's doing, wide-eyed Hunter Pence often looks out of whack.

Which makes the San Francisco right-fielder a perfect fit for the quirky ballpark and spirited crowds at home.

"It's spectacular to watch. He's fun to watch. He's really big to this team. He's in the middle of a lot of things, offensively and defensively," rookie second baseman Joe Panik said.

## Game 5 coverage

Go to metronews.ca for coverage of Game 5 of the World Series.



Pence came through again Saturday, getting three hits and driving in three runs as the Giants surged past the Kansas City Royals 11-4, tying the World Series at two games apiece. Game 5 was set for Sunday at AT&T Park.

Pence certainly isn't a role model. Yet there is no contesting his results. Through four games, he'd gone 7-for-15 and was hitting .467, best among World Series regulars. He led with five RBIs and had scored four runs. Overall, Pence had reached base safely in 17 straight post-season games.

"If I was to say the keys to my success: trying not to do too much sometimes," said Pence. "I think I had struggles when I was younger, and I still have a lot to learn and get better."

THE ASSOCIATED PRESS



## Soccer

## Wambach powers U.S. women to CONCACAF title

Abby Wambach scored four goals and the World Cup-bound United States defeated Costa Rica 6-0 Sunday night for the team's fifth CONCACAF Women's Championship title. **THE ASSOCIATED PRESS**

## NASCAR

## Earnhardt Jr. delivers victory

Dale Earnhardt Jr. earned his fourth win of the season on Sunday at Martinsville Speedway in an emotional victory a week after he was eliminated from the Chase for the Sprint Cup championship. **THE ASSOCIATED PRESS**



Dale Earnhardt Jr. crosses the finish line on Sunday in Martinsville, Va. GETTY IMAGES

## Skiing

## Hirscher off to hot start in Austria

World Cup champion Marcel Hirscher sent a clear message to his rivals for the men's overall title on the opening day of the season, winning a giant slalom with a massive 1.58-second margin on Sunday in Soelden, Austria. **THE ASSOCIATED PRESS**

## NBA



"It feels great, especially for me because I'm

used to having 10 or 11 new players coming in every year." DeMar DeRozan, describing the largely intact Atlantic Division champion Toronto Raptors who start their season on Wednesday when they host the Atlanta Hawks.

# This is not a drill: Jets lose to Bills

**NFL.** New York torched by its own turnovers at home in seventh straight loss

Ten completions, four touchdowns.

Kyle Orton didn't have to do much for the Buffalo Bills, not when the New York Jets had six turnovers — three each by Geno Smith and Michael Vick — in a 43-23 rout Sunday.

"He went out there, made his throws and threw for four touchdowns," Bills coach Doug Marrone said of Orton.

"He knew exactly what he wanted to do. When you have a veteran quarterback like

## Geno throws it away

"We didn't execute, and when I say 'we,' I mean myself because it was just atrocious the way I started out."

Jets quarterback Geno Smith

## On Sunday

43

Bills

23

Jets

that, he's going to make the right plays.

Orton tied a career high with his four TD passes, and won for the third time in four games since replacing EJ Manuel as the starting quarterback for the Bills (5-3).

Orton finished 10 of 17 for 238 yards, connecting with Robert Woods, Lee Smith, Scott Chandler and Sammy Watkins for scores.

Watkins had three catches for 157 yards — but was embarrassed when he was caught from behind while celebrating early on what appeared would be a long TD. Without the injured Fred Jackson and C.J. Spiller in the backfield, the Bills rushed for just 67 yards.

But Stephon Gilmore, Preston Brown, Aaron Williams

and Da'Norris Searcy had interceptions for the Bills, who sent the struggling Jets (1-7) to their seventh straight loss.

"No doubt, our defence is incredible and one of the best in the league," Orton said. "Any time your defence gets six turnovers, it makes your job easier."

The Jets have lost seven in a row for the first time since 2005, in Herm Edwards' final season as coach. Smith threw interceptions on three consecutive possessions in the first quarter and was pulled in favour of Vick, who was picked off once and lost two fumbles.

"Let me tell you," coach Rex Ryan said, "I'm getting sick and tired of the losing, that's for sure."

New York announced after the game that Smith had X-rays on his right shoulder after the game, but did not immediately announce results. The injury was not believed to have affected Smith's performance.

Ryan didn't immediately announce whether Smith or Vick would start next week at Kansas City.

**THE ASSOCIATED PRESS**



Robert Woods of the Buffalo Bills celebrates scoring a first-quarter touchdown with teammate Mike Williams against the New York Jets at MetLife Stadium in East Rutherford, N.J. The Bills fully capitalized on the Jets' six turnovers on their way to a dominant 43-23 win. Scan the image with your Metro News app for more NFL Sunday coverage.

ALEX GOODLETT/GETTY IMAGES

# RVP strips Chelsea of three-point punctuation



Manchester United striker Robin van Persie tosses his shirt in celebration after scoring the equalizer against Chelsea on Sunday. ALEX LIVESEY/GETTY IMAGES

Robin van Persie rescued Manchester United with a goal in the fourth minute of stoppage time to earn a 1-1 draw with Premier League leader Chelsea on Sunday.

The Netherlands striker rammed home a loose ball from seven metres to make amends for his error that helped Chelsea take the lead in the 53rd minute through veteran striker Didier Drogba.

Drogba met a corner from Cesc Fabregas with a towering header that should have been kept out by Van Persie, who was supposed to be guarding the near post.

Chelsea looked like seeing the game out until right back

Branislav Ivanovic was sent off in stoppage time for picking up a second booking for a foul on Angel Di Maria. United scored from the resulting free kick, with Van Persie pouncing after Marouane Fellaini's header was parried out by goalkeeper Thibaut Courtois.

Chelsea's lead has been cut to four points by surprising Southampton but Jose Mourinho's unbeaten team is now six points ahead of third-place Manchester City, arguably its biggest rival for the title.

Still this was an opportunity lost by Chelsea, which threw away two points in Manchester like it did a month ago by conceding late in a 1-1 draw

at City.

"Is it a good result? I don't think so," Mourinho said. "Was it a good performance? Yes."

United stayed 10 points behind Chelsea but is showing great fighting spirit under Louis van Gaal, having also scored late in a 2-2 draw at West Bromwich Albion on Monday.

"I've said to the players we could have won," Van Gaal said. "And when you can do that again the best team in this league at this moment it is a good sign."

"I am pleased that they are fighting to the end."

**THE ASSOCIATED PRESS**

## Around Europe on Sunday

- **In Spain.** Nordin Amrabat scored a goal and set up two to lead Malaga to a 4-0 rout of visitors Rayo Vallecano.
- **In Germany.** Borussia Moenchengladbach held Bayern Munich to a 0-0 draw as the Bundesliga's top two teams maintained unbeaten seasons.
- **In Italy.** Juventus beat Palermo 2-0 to move three points clear atop Serie A.
- **In France.** Brazilian midfielder Carlos Eduardo scored an astonishing five goals as Nice won 7-2 away to Guingamp.



## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

Half of you wants to be sociable but the other half wants to shun the limelight. Dedicate the day to meeting people and the nighttime to enjoying solitude.

#### ♉ Taurus

**April 21 - May 21**

The problem you will be faced with over the next few days is really quite simple, which means the answer must be simple too. Don't complicate it.

#### ♊ Gemini

**May 22 - June 21**

Neptune's negative influence is eroding your confidence and exposing you to fears that really are not warranted. Fortunately, your current negative state of mind is unlikely to last.

#### ♋ Cancer

**June 22 - July 23**

If you measure success in terms of winning and losing then, inevitably, you will never be truly satisfied. Real success means being a better person today than you were yesterday.

#### ♌ Leo

**July 24 - Aug. 23**

Why do you fear that if you don't act now you will never get another chance? You will always get another chance, so lighten up and live in the moment.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

According to the planets you need to be a bit more assertive and arrogant in your approach to life. Too often you act as if you believe you don't deserve to be the one who wins.

#### ♎ Libra

**Sept. 24 - Oct. 23**

Put others' needs first over the next 24 hours. A good deed done today will come back to you several times over before the end of the year.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

What happened to all those promises you made to yourself earlier in the year? You are now in the ideal position to do something about them.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

You may feel that a situation is getting out of hand but it is as bad as you fear? Probably not. Sometimes you fear the worst even when you have every reason to expect the best.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

Those who oppose you will place all kinds of obstacles in your path over the next few days but you will smash through them all with ease.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

Don't let money worries detract from what promises to be an excellent week. There is nothing you can do to change the situation at the moment, so put it out of your mind.

#### ♓ Pisces

**Feb. 20 - March 20**

The reason you feel stuck is because you don't have a clear idea of what you are aiming for. Your first task today is to identify your goal and draw up a plan that will take you to it.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Language of the Metis people
7. Catch a glimpse
11. \_\_\_-relief (Sculpture type)
14. Ms. Address of "Dr. No" (1962)
15. Alberta town
17. In a dismal manner
18. Maestro Fresh Wes smash: "Let Your \_\_\_ Slide"
19. Rally to action
21. Comparable
22. Postpone
25. Follow...
28. Arrange
29. \_\_\_ Wynne Stadium (Tiger-Cats field, formerly)
30. "Married... with Children" mom
31. Careless
33. Terrain-y prefix
34. Calendar mo.
35. Neck, slang-style
36. Zeals
38. Posh hairstyle
41. Flare
42. Cowboy's command
43. Wedding promise: 2 wds.
44. Made Figure 8s
46. Max. opposite
47. Combing problem
48. A.A. Milne play, Mr. \_\_\_ Passes By
49. English diarist, Samuel \_\_\_ (b.1633 - d.1703)
51. Greek alphabet's



'S'

52. Agents [abbr.]
54. Valcourt, QC born founder of Bombardier, Joseph-\_\_\_ Bombardier
56. Prince Edward \_\_\_ (Atlantic Canada denizen)
59. Make do
63. Environmental

- activist Ms. Berman, born in London, ON
64. HMS \_\_\_ (Franklin Expedition ship)
65. '\_\_\_' in Zed
66. Lion lairs
67. Most tricky

#### Down

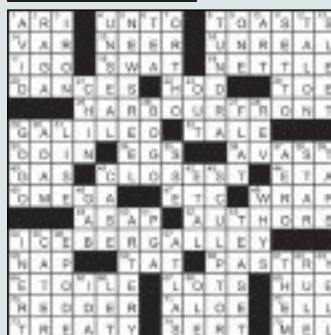
1. Coffee cup
2. Out of the ordinary,

- for short
3. CBS series, commonly
4. Toronto college/river
5. More well ...not!
6. Cardston, Alberta born actress Ms. Wray's (b.1907 - d.2004)
7. Declining

8. Department store
9. Early-'80s song: "\_\_\_-Man Fever"
10. Laughter sound
11. Author's promotional event: 2 wds.
12. Pistol \_\_\_ (Country music group)
13. Surgically-inserted 'tubes'
16. Financial deg.

20. \_\_\_-weensy
22. "\_\_\_ Pony" by The Beatles
23. Bryan Adams' "Have You \_\_\_ Really Loved a Woman?"
24. Grocery store's free bites: 2 wds.
26. Sea \_\_\_ (Aquatic creature)
27. Frightening
30. Event for a marching band
32. Maclean's, e.g.
34. Orange \_\_\_ (Drink)
35. Division in a group
37. Select
39. Khloe's ex Lamar
40. "\_\_\_ chance!" (Never!)
44. Apply hairspray
45. 'Sound of a Woman': New album by what Calgary-born singer/songwriter?
46. Christmas resins
47. Type of bean
50. Praiseful hymn in ancient Greece
51. Canine's choleric caution
53. Maple syrup origin
55. Souls: French
57. Zzzzz... Land of \_\_\_
58. Rap Dr.
60. Pres. Lincoln
61. Mr. Van Sant of movies
62. East: French

### Friday's Crossword



#### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku



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